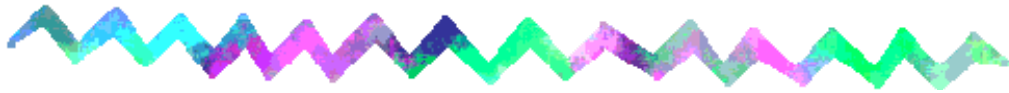


Zig - Zag Dinks



Players line up on both sides just behind the kitchen lines

Using one ball, hit soft shots back and forth over the net

Ball MUST bounce once in the kitchen each and every time

Start gently to warm up – increase pace toward the end of the drill

Keep the ball low ... higher dinks are targets for an attack shot

Focus on maintaining control and direction

Count out loud as you hit, going for the highest number of continuous dink shots.

Start over at “1” if the ball doesn’t bounce, is missed or hits the net.

Coach:



Eagle eyes: Watch the ball as it hits your paddle face

Keep knees bent, paddle up & in front of body (ready position)

Make contact in front of your body

Side to the net as you “lift” the ball

Stroke is smooth low-to-high motion so that ball clears the net and lands softly in your opponent’s kitchen.

If you use pace from a low position you’ll hit the ball in the net

If you lift the ball too high on the dink your opponent will fire a winner

No index finger on paddle... use a forehand or continental grip

Set up for Zig Zag Dinks:

Bucket of 8 balls to court.

Please bring balls back to report-scores desk when done.